

## **Walking Guidelines** Please make yourself familiar with these.

### a) **Walk days, grade and set off times unless otherwise stated in the programme**

'A' walks on Wednesdays and Sundays start at 10.00 am

'A' walks on Tuesdays start at 10.30 am

'B' walks on Thursdays and Sundays start at 11.00 am.

'C' walks on Wednesdays; Walks start at 10.45 am with lunch at 12 noon.

Café walks on Fridays start at 12 noon with tea at 2.00 pm.

**Please remember these are set off times not suggested arrival times.**

b) All mileage quoted is approximate and is given for guidance only.

c) Packed lunches are required on all 'A' and 'B' walks. All 'A' walks also have a coffee stop.

d) Only walk if you are sufficiently fit to complete the walk.

e) Wear stout boots or walking shoes and consider using poles or sticks. Ensure that you have appropriate clothing for the weather conditions.

f) All A walks are taken at a moderate pace with those on Wednesday and Sunday at a slightly brisker pace, the 'B' walks are at a leisurely pace and all 'C' walks are easy and at a gentle pace.

g) If you leave a walk at any time you need to let the leader or back marker know. At cattle grids always use the alternative route.

h) During a walk members should not walk ahead of the Leader unless requested to do so. The Walk Leader will do a headcount at intervals during the walk, to make sure no-one has been left behind. It is always advisable to carry a mobile phone and it is a good idea to carry a note of the leader's mobile number, so you can call them if you become separated from the group.

i) Follow the Countryside Code leave only footprints.

j) Walking is for enjoyment please treat each other with respect, kindness and courtesy.

k) Please check the website for changes to walks advertised in the published programme. In the event of inclement weather or poor ground conditions walks may be subject to change or cancellation at the discretion of the Leader. Whenever possible the website will be updated and an admin email circulated. If in doubt a telephone call to the leader may save a wasted journey.

l) Deputy Leaders - Walk Leaders are reminded that it is their responsibility to arrange a deputy if they are unable to lead the walk as detailed.

m) Blocked or obstructed footpaths. Please report issues to the Footpath Secretary, ideally with a description, precise position (grid reference) and a photo.

n) Dogs are allowed on walks at the discretion of the leader. They should always be kept under control to the leader's satisfaction preferably on a short static lead. Where specific conditions apply these regulations must always be complied with e.g. Dartmoor bylaw states that all dogs should be on a lead between 1st March and 31st July.

o) **ACCIDENTS** - In the event of any accident occurring which requires medical treatment, the Walk Leader must advise the Secretary, as soon as possible after the completion of the walk. In addition, the secretary must be notified of any damage, injury, alleged trespass involving a third party. We provide a Walker's Passport, available from the Walk Coordinators. This form contains health information and car details which could be useful to the walk leader if there is an accident or incident. Please carry in a prominent place e.g. front pocket of rucksack.

**DISCLAIMER** - Newton Abbot & District Ramblers, Walks Leaders, nor any individual, accept responsibility for ANY circumstance which may arise during or as a consequence of a walk. NARs Insurance is for public liability cover only, not for personal accident cover.

Walkers' safety is their own responsibility and they are advised to check their own accident insurance and to take due care at all times.

p) Bookings for Social Events and Coach Trips should be made by following the instructions when the event is advertised. Dogs are not permitted on coach trips.